



# Therapeutic Resources During Pandemic: Tessa Jones '14 Behavioral Health Counselor

Articles	2
Podcasts	6
Ted Talks	7
Online Therapy	8
Self-Care & Activities for the Family	9
Misc.	11

# Articles

## **Creativity in a Coronavirus World**

Can everyday creativity be a small silver lining during the outbreak?

<https://www.psychologytoday.com/us/blog/and-all-jazz/202004/creativity-in-coronavirus-world>

## **Anxious about COVID? There's Only so much You can Control**

If you are anxious please realize there is only so much you can control in life.

<https://www.psychologytoday.com/us/blog/almost-addicted/202004/anxious-about-covid-theres-only-so-much-you-can-control>

## **Too Much Togetherness?**

Here's How to Keep the People You Are Cooped Up with from Getting on Your Nerves

<https://www.psychologytoday.com/us/blog/lasting-love/202004/too-much-togetherness>

## **How You Can Get Ready to Date During COVID 19 Pandemic**

While you are staying home you can still practice dating post-divorce

<https://www.psychologytoday.com/us/blog/divorce-course/202004/how-you-can-get-ready-date-during-covid-19-pandemic>

## **Relationship Resilience During COVID-19 Confinement**

This is an ideal time to learn breakthrough communication skills.

<https://www.psychologytoday.com/us/blog/shift-mind/202004/relationship-resilience-during-covid-19-confinement>

## **How History Can Help Us Understand and Cope with COVID-19**

Throughout history, we have gotten many diseases from animals. Here are lessons:

<https://www.psychologytoday.com/us/blog/am-i-my-genes/202004/how-history-can-help-us-understand-and-cope-covid-19>

## **Strategies for Healthy Couples During Quarantine**

Four Ways to Protect Your Relationship During the COVID-19 Crisis

<https://www.psychologytoday.com/us/blog/the-minds-boys-and-girls/202004/strategies-healthy-couples-during-quarantine>

## **Grounding a Coronavirus State of Mind**

How to stop feeling frazzled and fragmented.

<https://www.psychologytoday.com/us/blog/having-sex-wanting-intimacy/202004/grounding-coronavirus-state-mind>

## **Why Watching Wildlife Programs Can Reduce COVID-19 Anxiety**

Studies show how nature reduces fears right from your couch.

<https://www.psychologytoday.com/us/blog/the-right-mindset/202004/why-watching-wildlife-programs-can-reduce-covid-19-anxiety>

## **Coping in the Time of the Coronavirus**

We will meet again.

<https://www.psychologytoday.com/us/blog/hope-and-empowerment/202004/coping-in-the-time-the-coronavirus>

## **Improving Boredom and Isolation With More Connection**

A creative list for social engagement and purposeful activity during COVID-19

<https://www.psychologytoday.com/us/blog/the-now/202004/improving-boredom-and-isolation-more-connection>

## **A Psychological Survival Guide for the Pandemic**

How to emerge intact and maybe even better in some way

<https://www.psychologytoday.com/us/blog/mood-swings/202004/psychological-survival-guide-the-pandemic>

## **The Benefits of Brain-Boosting Hobbies**

More mental stimulation could promote brain health and reduce dementia risk.

<https://www.psychologytoday.com/us/blog/the-healthy-engaged-brain/202004/the-benefits-brain-boosting-hobbies>

## **The Blessings of a Crisis**

It is surprising to see the words "blessing" and "crisis" in the same sentence.

<https://www.psychologytoday.com/us/blog/stronger-the-broken-places/202004/the-blessings-crisis>

## **I Signed Up for Online Therapy. Here's What I Discovered**

As a therapist, I have to say online therapy wasn't exactly what I expected.

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/202004/i-signed-online-therapy-heres-what-i-discovered>

## **56 Ways for Music to Help When Social Distancing**

Music bind us together—and can assist in self-care.

<https://www.psychologytoday.com/us/blog/your-musical-self/202004/56-ways-music-help-when-social-distancing>

## **A Simple Science-Based Way to Shift Your Family's Mood**

Research suggests that parents can use music to influence their family's mood.

<https://www.psychologytoday.com/us/blog/joyful-parenting/202004/simple-science-based-way-shift-your-familys-mood>

## **The Pandemic From a Meaning and Purpose Perspective**

Part 2: Three early lessons about communicating about the pandemic.

<https://www.psychologytoday.com/us/blog/the-meaning-in-life/202004/the-pandemic-meaning-and-purpose-perspective>

### **3 Steps to Greater Peace of Mind During the Current Crisis**

Powerful insights from research by psychologist Shauna Shapiro

<https://www.psychologytoday.com/us/blog/your-personal-renaissance/202004/3-steps-greater-peace-mind-during-the-current-crisis>

### **30 Ways the Pandemic Has Changed Us for the Better**

The coronavirus has altered our behavior, and in a good way.

<https://www.psychologytoday.com/us/blog/future-trends/202004/30-ways-the-pandemic-has-changed-us-the-better>

### **Coronavirus Q&A from My Clients**

Psychological and practical—but not medical—questions and my responses.

<https://www.psychologytoday.com/us/blog/how-do-life/202004/coronavirus-qa-my-clients>

### **Resilience in a Pandemic**

Lessons on fighting the pandemic from military psychology.

<https://www.psychologytoday.com/us/blog/head-strong/202004/resilience-in-pandemic>

### **The Top 10 Stress Reducers in the Time of COVID-19**

What are the steps you can take to calm your body and mind?

<https://www.psychologytoday.com/us/blog/inner-source/202004/the-top-10-stress-reducers-in-the-time-covid-19>

### **How to Cope With Uncertain Times**

You can't change reality, but you can reframe it.

<https://www.psychologytoday.com/us/blog/the-adaptive-mind/202004/how-cope-uncertain-times>

### **2 Ways to Regulate Your Emotions When Stress Gets to You**

Which strategies are the most effective at helping you manage your emotions?

<https://www.psychologytoday.com/us/blog/fulfillment-any-age/202004/2-ways-regulate-your-emotions-when-stress-gets-you>

### **Lonely in Lockdown?**

Here are three things to know about the loneliness epidemic.

<https://www.psychologytoday.com/us/blog/behavioral-health-matters/202004/lonely-in-lockdown>

### **Shared Trauma During a Pandemic**

What happens when the patient and therapist both experience the same trauma?

<https://www.psychologytoday.com/us/blog/traumatized/202004/shared-trauma-during-pandemic>

### **7 Ways to Use the Current Crisis for Personal Growth**

Although the pandemic is awful, some good may come from it.

<https://www.psychologytoday.com/us/blog/the-power-prime/202004/7-ways-use-the-current-crisis-personal-growth>

**5 Ways to Help Kids Manage Anxiety During the Coronavirus Pandemic**  
<https://themighty.com/2020/03/anxious-kid-covid-19/>

**Coronavirus Anxiety Has Skyrocketed, With 85% More Worried About Life**  
<https://themighty.com/2020/03/coronavirus-anxiety-statistics/>

# Podcasts

## Feeling Anxious or Worried? Listen to These 9 Podcasts

There are several fantastic podcasts that discuss anxiety and mental health.

<https://www.psychologytoday.com/us/blog/calmer-you/202004/feeling-anxious-or-worried-listen-these-9-podcasts>

- The Calmer You
- The Anxiety Guy
- The Overwhelmed Brain
- Selfie
- Oprah's SuperSoul Conversations
- The One You Feed
- Not Another Anxiety Show
- 10% Happier
- The Anxiety Coaches

14 Podcasts for Social Distancing: From Home Cooking to Homeschooling:

<https://time.com/5808881/podcasts-coronavirus-social-distancing/>

The Best Podcasts to Listen to with Your Kids During the COVID-19 Pandemic:

<http://www.centralpennparent.com/2020/the-best-podcasts-to-listen-to-with-your-kids-during-the-covid-19-pandemic/>

18 fascinating nonfiction podcasts (that aren't true crime)

Need a distraction? Try these podcasts that will take you away from coronavirus news and expand your knowledge of the world.

<https://www.vox.com/2020/4/8/21209948/podcast-recommendations-true-stories-history-productivity-culture>

# Ted Talks

How to Create Meaningful Connections While Apart

[https://www.ted.com/talks/priya\\_parker\\_how\\_to\\_create\\_meaningful\\_connections\\_while\\_apart](https://www.ted.com/talks/priya_parker_how_to_create_meaningful_connections_while_apart)

How to be Your Best Self in Times of Crisis

[https://www.ted.com/talks/susan\\_david\\_how\\_to\\_be\\_your\\_best\\_self\\_in\\_times\\_of\\_crisis](https://www.ted.com/talks/susan_david_how_to_be_your_best_self_in_times_of_crisis)

The Gift and Power of Emotional Courage

[https://www.ted.com/talks/susan\\_david\\_the\\_gift\\_and\\_power\\_of\\_emotional\\_courage](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage)

You are Not Alone in Your Loneliness

[https://www.ted.com/talks/jonny\\_sun\\_you\\_are\\_not\\_alone\\_in\\_your\\_loneliness](https://www.ted.com/talks/jonny_sun_you_are_not_alone_in_your_loneliness)

Everything Happens for a Reason – and Other Lies I've Loved

[https://www.ted.com/talks/kate\\_bowler\\_everything\\_happens\\_for\\_a\\_reason\\_and\\_other\\_lies\\_i\\_ve\\_loved](https://www.ted.com/talks/kate_bowler_everything_happens_for_a_reason_and_other_lies_i_ve_loved)

What Investigating Neural Pathways Can Reveal About Mental Health

[https://www.ted.com/talks/kay\\_m\\_tye\\_what\\_investigating\\_neural\\_pathways\\_can\\_reveal\\_about\\_mental\\_health](https://www.ted.com/talks/kay_m_tye_what_investigating_neural_pathways_can_reveal_about_mental_health)

# Online Therapy

Better Help

<https://www.betterhelp.com/>

Talk Space

[www.talkspace.com](http://www.talkspace.com)



# Self-Care & Activities

Self-Care During Quarantine:

<https://www.washjeff.edu/35-self-care-tips-for-thriving-together-during-self-quarantine/>

Exercise.  
Meditate.  
Check out online self-help tools like TAO Self-Help.  
Call a Friend.  
Take a shower or a bath.  
Get dressed up.  
Make art.  
Play or listen to music.  
Limit your time online.  
Put down your phone. Seriously.  
Give yourself a break from the news.  
Find a new hobby.  
Engage in an old hobby.  
Write your feelings in a journal.  
Write a letter to someone you care about.  
Pour yourself a nice cup of tea.  
Try a new recipe.  
Cook an old favorite.  
Read a good book.  
Take some time to re-organize.  
Hang out with your pet.  
Watch something new.  
Watch something funny.  
Watch your favorite film or show.  
Take a virtual museum tour.  
Make a list of things you're grateful for.  
Plan your next trip.  
Learn a new skill.  
Separate work from play.  
Tell the people you love that you love them.  
Change up your routine—don't get stuck in a rut.  
Find a way to help others.  
Spend time with family if you are together.  
Remember you are not alone.

List of Hobbies to Try at Home:

<https://theeverygirl.com/hobbies-at-home/>

Learn calligraphy.

Work out online.

Learn how to cook.

Practice meditation.

Pick up needlework.

Learn an instrument.

Paint.

Learn Photoshop.

Social Distancing Activities for the Family:

Going on a Bear Hunt:

<https://www.news4jax.com/news/morning-show/2020/03/26/fun-social-distancing-idea-neighborhood-sets-up-bear-hunt-for-kids/>

6 Social Distancing Tips for Parents:

<https://www.childrens.com/health-wellness/6-social-distancing-tips-for-parents>

Sidewalk chalk positive quotes in the neighborhood.

Make cards for people in nursing homes and in the hospital.

Create a family FaceTime or Zoom session weekly.

# Misc.

## Word Games:

- Free daily crosswords here:
- <http://www.onlinecrosswords.net/printable-daily-crosswords.php>
- Generate your own crossword or word search
- [https://mywordsearch.com/?gclid=CjwKCAjwssD0BRBIEiwA-JP5rCbJYwZuGqh6yZ\\_EtLbYwEAHP\\_K93eRgK\\_i4GZcEK1fceLwXzRVHAXoCzFgQAvD\\_BwE](https://mywordsearch.com/?gclid=CjwKCAjwssD0BRBIEiwA-JP5rCbJYwZuGqh6yZ_EtLbYwEAHP_K93eRgK_i4GZcEK1fceLwXzRVHAXoCzFgQAvD_BwE)
- <http://crosswordtracker.com/clue/generate/>

## Daily Blob Tree Check-In:

- See Below
- Have each family member identify which blob they are and why they feel that way each day
- <https://www.blobtree.com/>

## Daily Feeling Check-In:

- See Below
- <https://beautyandtheborderline.wordpress.com/2013/02/08/mindfulness-awareness-of-emotion/>

## Guided Meditation:

- Calm (Calm.com)
- Headspace (Headspace.com)
- YouTube (YouTube.com) (many free guided meditations)

## Paint By Number

## Puzzles

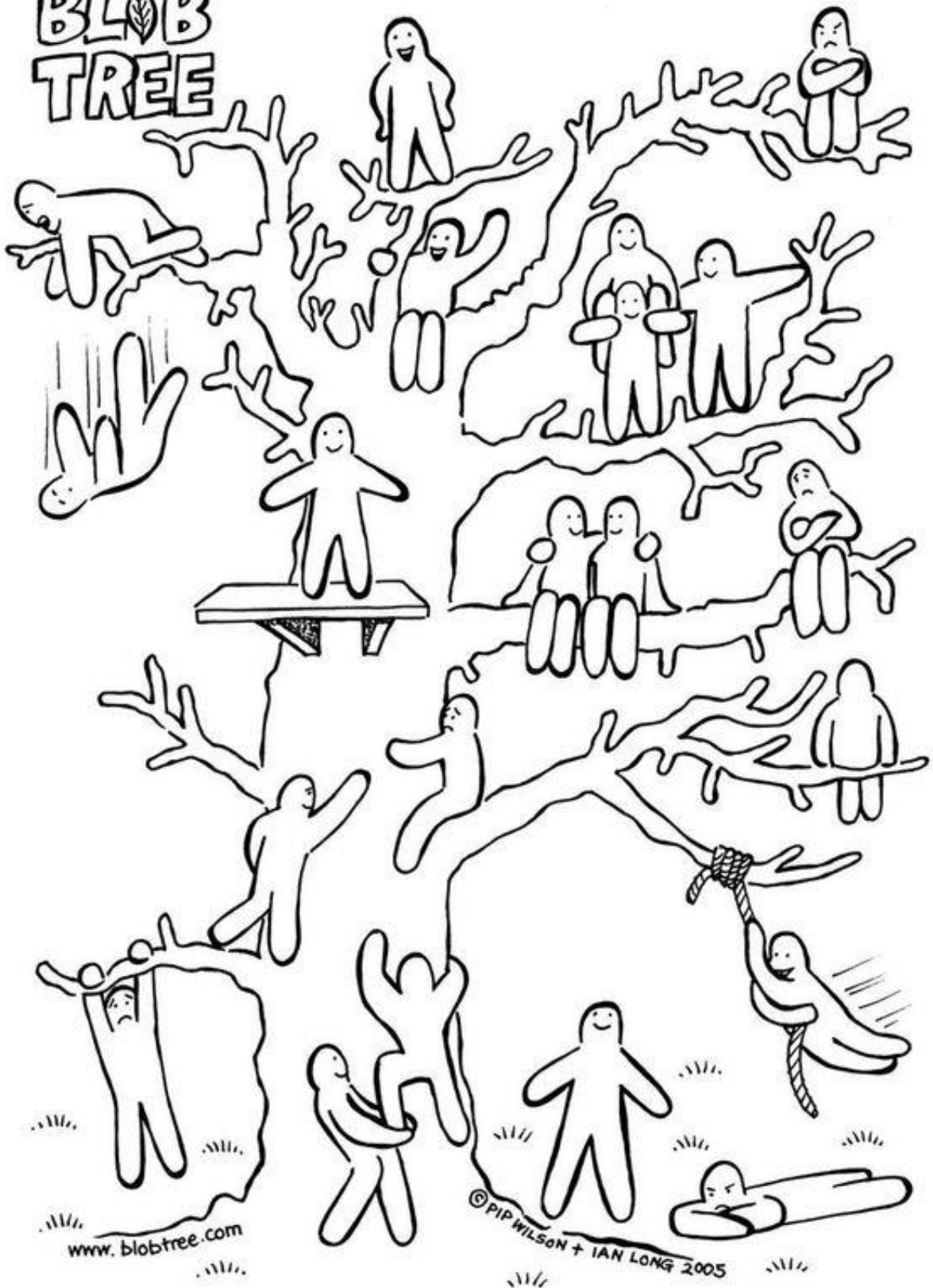
## Daily Planning Routine:

- See Below:
- Map out your day ahead of time so that you can manage time and set appropriate goals

## Educate Yourself About Anxiety + Many More Resources:

<https://www.therapistaid.com/tools/anxiety/none>

# BLOB TREE



# Are You AWARE of How You Are Feeling Now?



AGGRESSIVE



AGONIZED



ANXIOUS



APOLOGETIC



ARROGANT



BASHFUL



BLISSFUL



BORED



CAUTIOUS



COLD



CONCENTRATING



CONFIDENT



CURIOUS



DEMURE



DETERMINED



DISAPPOINTED



DISAPPROVING



DISBELIEVING



DISGUSTED



DISTASTEFUL



EAVESDROPPING



ECSTATIC



ENRAGED



ENVIOUS



EXASPERATED



EXHAUSTED



FRIGHTENED



FRUSTRATED



GRIEVING



GUILTY



HAPPY



HORRIFIED



HOT



HUNGOVER



HURT



HYSTERICAL



IDIOTIC



INDIFFERENT



INNOCENT



INTERESTED



JEALOUS



LOADED



LONELY



LOVESTRUCK



MEDITATIVE



MISCHIEVOUS



MISERABLE



NEGATIVE



OBSTINATE



OPTIMISTIC



PAINED



PARANOID



PERPLEXED



PRUDISH



PUZZLED



REGRETFUL



RELIEVED



SAD



SATISFIED



SHEEPISH



SHOCKED



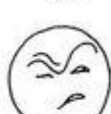
SMUG



SURLY



SURPRISED



SUSPICIOUS



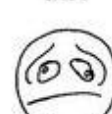
SYMPATHETIC



THOUGHTFUL



TURNED-ON



UNDECIDED



WITHDRAWN

**Daily Planning**

Goal of the Day:

Day and Date:



Time	Task	Notes
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM		
9:30 AM		
10:00 AM		
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM		
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